

Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

MAY 2017

Chicken Fajitas Ranch Roasted Potatoes Jello®-Yogurt Fluff Hamburger Roll-ups Pasta Primavera

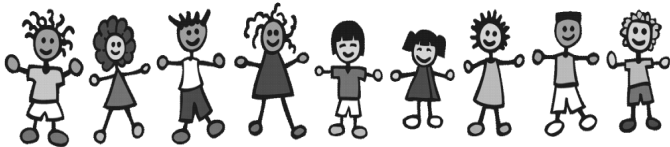
Chicken Fajitas

1 pound boneless, skinless chicken breasts
2 teaspoons chili powder
2 teaspoons garlic powder
1½ tablespoons oil (canola or vegetable)
1 green pepper, thinly sliced
1 red pepper, thinly sliced
1 medium onion, thinly sliced
6 whole-wheat or soft corn tortillas

1. Cut chicken into ¼ inch strips. Place in a single layer on a plate. Sprinkle both sides of strips with chili and garlic powder.
2. Add oil to a 12-inch skillet. Heat to medium high. Add chicken strips. Cook about 3-5 minutes, stirring frequently.
3. Add bell peppers and onion. Stir and cook until vegetables are tender and chicken is no longer pink. (Heat chicken to at least 165 degrees.)
4. Scoop chicken mixture (2/3 cup each) onto tortillas.
5. Top with your favorite toppings (cheese, tomatoes, fat free sour cream, etc.). Serve flat or rolled.

Recipe Source: <https://spendsmart.extension.iastate.edu>

Nutrition Note: This recipe makes 6 fajitas. Each fajita has 260 calories, 9 grams of fat, 22 grams of protein, 27 grams of carbohydrates, and 410 milligrams of sodium.



Nutrient-Rich Super Snacks



Tropical Smoothie: Blend fresh orange slices with strawberry yogurt and ice.

Ranch Roasted Potatoes

2 pounds small red potatoes, quartered
3 tablespoons oil
1 packet (1 ounce) dry ranch dressing mix



1. Heat oven to 450 degrees.
2. Place potatoes into a large plastic bag. Add oil and shake to coat. Add dressing mix and shake to coat.
3. Bake on an ungreased nonstick baking pan for 30 minutes, stirring occasionally.

Nutrition Note: This recipe makes 8 servings. Each serving has 210 calories, 5 grams of fat, 2 grams of protein, 22 grams of carbohydrates, and 400 milligrams of sodium.

Why breastfeed?



“Because I had researched and was informed that it was a wonderful way to bond with your baby and for them to get good nutrition. I enjoyed breastfeeding because my baby and I created a wonderful bond.”

~ Ryle, WIC Breastfeeding Mom from Minot

For more information about breastfeeding, check out our breastfeeding website at www.ndhealth.gov/breastfeeding.

Jello®-Yogurt Fluff

2 cups orange juice
1 package (3 ounces) Jello®, any flavor
16 ounces (½ 32-ounce container) fat free or low fat yogurt, any flavor
1 cup fruit, cut up, if desired

1. Heat 1 cup orange juice in a saucepan until it is very hot.
2. Add Jello® and stir until it is dissolved. Mix in other cup of orange juice.
3. Chill Jello® in the refrigerator until it is like syrup (1-2 hours).
4. Pour into a mixing bowl and add yogurt. Beat with a mixer until Jello® is fluffy.
5. Add fruit. Don't use fresh pineapple or kiwi as the gelatin won't set.
6. Return fluff to refrigerator until it sets.

Recipe Source: NDSU Extension Service, www.ag.ndsu.edu/food

Nutrition Note: This recipe makes 8 servings. Each serving (with 1 cup fruit) has 140 calories, 1 gram of fat, 5 grams of protein, 31 grams of carbohydrates, and 85 milligrams of sodium.

Hamburger Roll-ups

Filling

- 1 pound lean ground beef
- 1 small onion, chopped
- ¼ teaspoon pepper
- 2 tablespoons flour
- ½ cup fat free skim or 1% milk



1. In a large frying pan, brown ground beef and onion. Drain and rinse excess fat.
2. Add pepper and flour to ground beef.
3. Gradually add milk to meat, stirring constantly until thickened. Set aside.

Dough

- 2 cups flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- ¼ cup margarine or butter
- ¾ cup fat free skim or 1% milk
- ½ cup shredded reduced fat cheese, any variety

1. Heat oven to 400 degrees.
2. In a large bowl, combine flour, baking powder, and salt.
3. Mix in margarine. Add milk, mixing until dough forms a ball.
4. Roll out dough into a rectangle, ¼-inch thick. Spread meat mixture on dough. Sprinkle with cheese.
5. Roll up dough and slice into pieces, ¾-inch thick. Place slices on a baking sheet coated with nonstick cooking spray.
6. Bake for 25 minutes.

Nutrition Note: This recipe makes 8 roll-ups. Each roll-up has 300 calories, 12 grams of fat, 18 grams of protein, 29 grams of carbohydrates, and 640 milligrams of sodium.



The *Pick-WIC Paper* is developed for the Special Supplemental Nutrition Program for Women, Infants and Children.

North Dakota Department of Health
600 E. Boulevard Avenue., Dept. 301
Bismarck, N.D. 58505-0200
800.472.2286, option 1

Turn Off the TV



Take a walk in the park or around your neighborhood. Collect stones, sticks, and other special items that your child finds along the walk.

Source: www.numatters.com

Pasta Primavera

- 1 cup broccoli florets
- 1 cup sliced carrots
- 1 cup sliced zucchini
- 1 cup whole-wheat pasta, uncooked
- 1 tablespoon butter or margarine
- 1 tablespoon flour
- 1 cup fat free skim or 1% milk
- ¼ teaspoon dried basil
- ⅓ teaspoon black pepper
- 2 tablespoons parmesan cheese



1. Steam broccoli and carrots by placing in a steamer basket in a saucepan filled with 1 inch of water. Bring water to a boil. Cover saucepan and steam broccoli and carrots approximately 2 minutes. Add zucchini and continue steaming all vegetables until tender-crisp, about 2-3 more minutes. Vegetables can also be steamed in the microwave by placing in a microwave-safe bowl. Add a small amount of water and cover with a napkin or paper towel. Microwave 3-5 minutes or until tender-crisp. Check often while steaming to prevent overcooking.
2. Cook pasta according to package directions.
3. In a small saucepan, melt butter, then blend in flour.
4. Gradually stir in milk, basil, and pepper. Cover over medium heat, stirring constantly, until sauce thickens. Remove from heat and blend in cheese.
5. Pour sauce over hot vegetables. Add pasta and mix together.

Recipe Source: www.texaswic.org

Nutrition Note: This recipe makes 2 servings. Each serving has 354 calories, 9 grams of fat, 14 grams of protein, 55 grams of carbohydrates, and 277 milligrams of sodium.

GROWING HAPPY FAMILIES

Keep a few quick picks.

Have a list of a few fast, easy meals that your family loves. Make sure you keep the ingredients on hand.

- Quesadillas made with meat or veggies, a side of refried beans, and carrots with low-fat ranch salad dressing
- Grilled cheese sandwiches with a salad on the side
- Canned soup or chili with grated cheese on top, your family's favorite frozen vegetables, and whole grain frozen or refrigerator rolls
- Stir-fried meat with vegetables served with brown rice
- Breakfast for dinner – eggs scrambled with ham, cheese, mushrooms, and tomatoes plus sliced fruit for dessert